

TEARS WILL FLOW, AND YOU WILL GASP

But There Is a Lesson for New Yorkers in the Way Britishers Keep Cool on Red Hot Curry

New York, Feb. 9.—One of the most insular prejudices of the British is in the matter of food, even when they turn Colonial; yet Englishmen have been going out to India for three centuries with orthodox appetites for roast beef, Yorkshire pudding, steak-and-kidney pie, and Cheddar cheese, and returning home on half pay with bronzed skins and chronic hankering for fiery curries and blistering chutneys.

And why should any one eat such hot stuff in the blasting heat of the tropics? Why because it's positively homeopathic—it makes you cooler. Try it for yourself about the third day of a July heat wave, and be surprised. Tell any Park avenue maitre d'hotel to let his curry cook go the limit for you, and eat what is placed before you without question but with half a bottle of Major Grey's chutney. Tears will flow, you will gasp and reach for ice water but you will go forth a little cooler, with a mysterious sense of well being around the midriff.

A prolonged hot spell seems to give one an all-gone feeling under the waistcoat, you know; but just eat a quarter pound of crystallized ginger at such a time and see how it pays you up. No, it's not good for arteries, in the long run—your physician will tell you so—but illustrious K.C.B.'s have kept hale and hearty on curry for luncheon and chutney with tea, right up to the sounding of the last post.

If you would dabble in curries don't try to do it economically. Shop around Park and Madison and tell the grocer you want his most costly curry powder or paste, his very best Bombay ducks and any standard brand of chutney that is expensive. An imported curry powder of a familiar brand is the world's standard, but some of the best pastes are believed to preserve the piquant aroma a little more faithfully. Every British field marshal of the Indian service has preserved his favorite recipes for curry and the private chutney formulas of Warren Hastings, Clive, Dalhousie and Cornwallis are still extant, while those less celebrated field officers, Col. Skinner and Major Grey, are immortalized upon the labels of chutney bottles.

The Hindu chef will curry anything

and everything, from a bowl of rice or a stack of pancakes, to a ten-course dinner; but poultry, game, red meat and fish are the most usual vehicles for the famous sauce. Taking chicken, as an example, divide a tender roaster into a dozen pieces, dredge with flour and saute in butter till nicely browned. Then season with salt, black pepper and a rounded table-spoon of curry powder or paste, and add a large onion, two leeks, three shallots, or one kernal of garlic—one carrot, and parsley, chervil thyme and one bay leaf, all minced finely or cut into small pieces.

Next pour over the meat the milk of a fresh coconut, then grate or grind the pulp of the coconut and steep it in a cup of boiling water. Coconut cream will rise to the top, and the liquid should be strained into the pot. Repeat the process with a second cup of boiling water, and a third, and use all the liquid pressed out of the grated pulp, which is then discarded. Keep the pot simmering and put in a thinly sliced apple and half-cupfuls of sultana raisins, dried currants and blanched sweet almonds. Try the chicken with a fork, and when it is nearly done, add three stalks of celery, a red and a green pepper, diced, and simmer until done.

Serve on a platter with mounds of boiled rice, and arrange in the compartments of an Oriental condiment tray some Chinese ginger in sirup, salted pistachio nuts, preserved kumquats, quartered hardboiled eggs deviled with curry, and freshly toasted fillets of Bombay ducks, which are the dried and salted bummalo fish of India, though the same term also stands for British civil-list officials in the Bombay presidency. Place Major Grey's, Col. Skinner's or Bengal Club chutney, in the original bottle, on the table—for curry fiends know their brands.

This recipe will give a composite curry having features of the Madras, Bombay, Bengal and Malay Peninsula styles of curry cooking, and it may be varied by substituting chicken or veal stock, tomato paste, milk and cream, or water for the coconut milk. The curry, use two or even three table-spoonfuls of curry powder is conservative and merciful, and if you would know the thrill of a true Indian good for the soul.

THE OTHER SIDE OF THE INQUIRY

Financial Post:—The people who are stage-managing the business practices enquiry at Ottawa have great faith in the Canadian educational system. When a boy comes out of school, they seem to think he knows all there is to know about business; he requires no apprenticeship, no training. He is ready to take on an executive job at a big salary.

Many of the outstanding business leaders of Canada started their business lives in jobs that paid them \$1 a week or little more. They were glad to get an opportunity to become associated with an established business; to start in on the ground floor and learn a trade or profession; to go to school under capable and experienced men and gradually work their way upward, learning as they climbed.

But those days have passed. If a concern takes in a bright, young lad, gives him a chance to learn something about business, pays him a modest wage during the period when he is of little value but is simply learning a trade, it is taking a large chance of being summarily exposed in the public prints as an exploiter. The men who gave their first jobs to, let us say, Sir Charles Gordon, Sir Herbert Holt, Thomas Bradshaw, Timothy Eaton and other Canadian business executives of this and other generations, who started at the bottom and reached the top, probably did not realize that they were chisellers. The ambitious young lads who started out with them no doubt did not realize that something was being put over them, that they should have received from the first day the same salaries being paid to experienced men.

The business practices enquiry has revealed some instances of fully experienced workers being exploited and paid miserably low wages. But as one pores through the evidence to isolate these examples for study and discussion one observes that the commission and its counsel are hopelessly confused between really important evidence of this kind, which deserves to be blazoned in the public prints in order that publicity may bring remedy, and evidence concerning young lads just out of school getting their start in life, apprentices, entirely inexperienced workers, and men for whom temporary jobs have been created.

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ed to give them a chance to earn a few dollars in a time of stress.

FOOT - MOUTH DISEASE CHECKED

LONDON, Feb. 8.—An outbreak of foot-and-mouth disease which has cost Britain more than \$310,000 has been checked at last.

The infection spread throughout 14 counties. Altogether 9,000 animals were slaughtered.

Agricultural experts declared the disease was caused by a virus—a germ so small that it cannot be seen through the highest powdered microscope.

ONE WOMAN TO ANOTHER

Don't be alarmed or nervous when nature fails. Get a married woman's dependable secret about regaining happiness and relief from distress. Only a woman knows how another woman can suffer at times, so read every word of this message from another woman who wants to help women everywhere. We positively guarantee our successful Royal-Vibor No. 1, Compound, ACTS QUICKER THAN JUST ORDINARY PILLS OR TABLETS. Compounded of time tested vegetable ingredients used by physicians and nurses for over a quarter of a century because of reputed power to relieve pain and aid in restoring a normal flow. Type often favored for conditions where ordinary regulators might fail. Does not contain any narcotics, habit forming or harsh mineral drugs, only pure laboratory tested vegetable extracts used for their effectiveness in functional menstrual disturbances. Pleasantly relieves many of the most stubborn unnatural delays quickly, often in 3 to 5 days without pain or inconvenience. Grateful testimonials like these from women from coast to coast. Mrs. F.: "I was delayed for nine weeks. Had the natural flow in 3 days." Mrs. N.: "I was about 6 weeks past, in 5 days I was O.K. It is wonderful, being odorless, tasteless and pleasant to take." Mrs. S.: "Delayed 3 weeks. Menses started on 4th day. Simple as ABC." Mrs. S.: "I was two months overtime—started menstruating on 5th day. I don't know how to thank you." Many others. Why experiment or suffer unnecessarily when you can get this proven remedy by return mail? Order now. Use airmails. Fast service. Regular package \$3.00. Special Royal-Vibor No. 2 Formula, for obstinate conditions \$5.00. To insure absolute freshness, Royal Vibor is not sold in drug stores. State age when ordering. To insure package add 25c. extra. Sold only by the Royal Laboratory, 768 Royal Bldgs., Box 140 Windsor, Ont. (SUGGESTION: Clip this ad out and put it away. It may come in very handy some day. Or show it to some needy friend—one good turn deserves another).

NOTICE OF LEGISLATION

NOTICE IS HEREBY GIVEN that the City of Fredericton will seek legislation at the next Session of the Legislative Assembly authorizing the said City to issue debentures in a sum not exceeding SIXTY THOUSAND DOLLARS (\$60,000.00) for the purpose of constructing permanent pavement in the said City.

Dated the Eighteenth day of January, A.D. 1935.

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